

NEWS BRIEFS

America Town hours

America Town hours are noon to midnight Fridays and Saturdays, and noon to 8 p.m. Sundays through Thursdays. The Oriental Club remains off-limits to all military personnel.

Wolf's Call

Wolf's Call for airmen E-4 and below are at 8 a.m. and 4 p.m. Aug. 22 at the base theater.

Power outage

There will be a power outage 8 a.m. to 5 p.m. Aug. 23 for crucial maintenance to overhead electrical distribution lines. If there is bad weather the power outage will be Aug. 24. For effected areas on base, tune into the Commander's Access Channel.



Courtesy photo

Bombs away

To increase the B-2 Spirit's operational capability, a test force at Edwards Air Force Base, Calif. conducted an airborne release of 80 Joint Direct Attack Munitions separation test vehicles. The Aug. 6 test was one of more than nine sorties flown as a build-up toward equipping the aircraft to carry and release up to 80 JDAMs on a single mission.

Chief facing court martial dead

A chief master sergeant facing a court-martial was found dead at Yokota Air Base, Japan Aug. 7. Chief Winfred Harrison, 374th Civil Engineer Squadron, failed to appear for court martial proceedings, prompting a search by base and law enforcement officials. A squadron member found the chief's body in one of the squadron buildings. The cause of death is under investigation.

Program activating retirees ends

The Air Force has closed the Return to Duty Program that brought back to active duty 60 enlisted retirees to fill needed positions in certain career fields during Operations Enduring Freedom and Iraqi Freedom. The move 'temporarily' closes off a program that over the past 16 months brought back retired enlisted people for 2-year tours of duty.

Promotion study list available

Promotion-eligible enlisted people can now find out which materials to study for the 2004 testing cycles. The most current Weighted Airman Promotion System catalog, which lists the materials used by test writers to develop the 2004 promotion tests, is now available on the Air Force Personnel Center Web site at www.afpc.randolph.af.mil/testing. The catalog lists study references for those testing for staff through chief master sergeant.

Air Force unveils new uniform

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON — Air Force officials announced Aug. 6 plans for the wear test of a new utility uniform to possibly replace the current battle dress uniform.

The blue, gray and green tiger-stripe camouflage ensemble is a departure from the current woodland pattern uniform and includes many new features intended to increase functionality and provide a distinctive look for airmen of the 21st century, officials said.

Three-hundred uniforms will undergo wear testing from January to July at Elmendorf AFB, Alaska; Hurlburt Field, Fla.; Langley AFB, Va.; Luke AFB, Ariz.; McChord AFB, Wash.; Ramstein Air Base, Germany; Robins AFB, Ga.; Vandenberg AFB, Calif.; and Wright-Patterson AFB, Ohio. The test will generate feedback about fit, durability and functionality.

"Our intent is to create a uniform that will be distinctive, practical, easy to maintain, comfortable and, most important, a uniform you will be proud to wear," said Air Force Chief of Staff Gen. John Jumper.

"We have become a more expeditionary force, with less time at home to spend caring for the uniform," General Jumper said. "In the last 20 years, material technology has improved greatly. As a result, we have designed one uniform that can satisfy our various climates and utility needs, while eliminating the need for professional ironing to provide a polished appearance."

General Jumper said the distinctive Air Force uniform is designed to fit well, look sharp and require much less maintenance than the current uniform.

"We (also) need to ensure our airmen have a uniform that fulfills our unique air and space missions," he added.

Chief Master Sgt. of the Air Force Gerald Murray, explains that great care is being taken to ensure the best possible uniform is created to meet future needs.

"I believe that one of the great strengths of our Air Force and its airmen is the ability to adapt to new missions, new technologies and an ever-changing world landscape," he said. "This new utility uniform is another example of seeing a need for improvement and moving forward."

A key step in bringing any new uniform item into service is feedback from airmen in the field, Chief Murray said.

"I believe it's a uniform fitting of the world's greatest expeditionary Air Force and one that we will be proud to wear," he said. "We want your feedback as well — not shoot-from-the-hip feedback, but feedback that comes from seeing the uniform in action and thinking about how it will meet your needs based on your work environment."

"It's important to remember that this is a wear test, and the decision about whether



Photo by Master Sgt. Jim Varhegyi

Cross into the blue: Second Lt. Arcelia Miller, from the Air Force's special security office, puts the Air Force test utility uniform through its paces at an entry control point at Andrews Air Force Base, Md. The blue, gray and green tiger-stripe camouflage ensemble includes many new features intended to increase functionality while providing a distinctive look for the 21st century airmen.

or not to adopt some, all or none of this uniform will be made after considering the results of the test and feedback about how it meets airmen's needs," Chief Murray said.

According to officials, the wash-and-wear uniform will be easier to maintain and will not require professional laundering or starching. Officials estimate that home laundering will potentially save between \$180 and \$240 in laundry costs over the course of a year.

Unlike the current BDU, the new version comes in men's and women's cuts. The separate women's uniform reflects the growth in the number of women in the service. In the late 1980s, women comprised less than 13 percent of the total force; today nearly one in five airmen are women.

Officials said that preliminary study shows other possible advantages to the uniform include:

- ♦ Using the same fabric identified by the Marines as the optimum material for wash-and-wear characteristics;
- ♦ A camouflage pattern that corresponds to the jobs airmen do in most situations that require a utility uniform,
- ♦ Recalling the "tiger-stripe" camouflage pattern used during the Vietnam War, but with the distinctive Air Force logo embedded into a color scheme that preliminary testing indicates may provide better camouflage.

Officials are also considering maintenance-free boots and alternative T-shirts.

The uniform patterns are being cut, with production to begin in November. Data collection and analysis, and any potential adjustments, will occur from August through October 2004. A final decision on the uniform is expected in December 2004. If approved, production could begin as soon as 2005, with a phase-in date to be determined.

Mentoring: A three step process

By Lt. Col. Michael O’Boyle
8th Operations Support Squadron commander

Mentoring is one of the key elements of successful leadership. The term “mentor” has its origins in Greek mythology. Mentor was the name of a wise and faithful advisor to the Greek hero Odysseus. When Odysseus, or Ulysses as the Romans called him, left for his long voyage of adventure, he entrusted the care and teaching of his son Telemachus to Mentor.

According to Greek mythology, Telemachus became an effective and loved ruler because of the guidance and council provided by Mentor. Today the term mentor is most often used to denote a friend or role model who lends support through various ways to help an individual pursue and achieve a specific goal. The ultimate goal of a leader who elects to mentor a person is to empower him, helping him to develop those abilities and skills that will be required to assume future leadership responsibilities.

In her book “The Art of Mentoring,” Dr. Sirley Peddy describes mentoring as a three-phase process: leading, following, and then getting out of the way. In the leading phase of mentoring, the mentor shows the individual the correct way of carrying out his duties in the organization. The mentor accomplish-

es this by being a good role model, providing experience, and setting the proper example for the mentoree. For the leader to effectively accomplish this, he must always set and exemplify the highest standards providing an example people in the organization will be willing to follow.

Here in the Wolf Pack, professional and personal standards are clearly established in Air Force and wing published guidance, and spelled out through specific commander policies. The other critical part involved with the “leading” phase of mentoring is recognizing the organization’s people are the most important asset — more important than the hardware and equipment. The leader must remember his primary place is out front among the troops and not in the office working behind the desk.

The next phase of mentoring, “following,” entails providing the mentoree advice and counsel when required or asked. As an example, during my previous assignment at Headquarters Pacific Air Forces, my boss would informally accomplish mentoring of people in my office by stopping by from time-to-time to discuss on-going projects and to provide suggestions on how to tackle particular taskings. On other occasions, he would accomplish the mentoring in a more formal setting by having an individual meet with him one-on-one to discuss an issue or situation. These periodic office calls provided an

excellent means for him to help focus efforts, provide guidance, and reinforce expected standards.

The “getting out of the way” phase of mentoring is the art of withdrawing from the supportive relationship developed during the previous two phases, allowing the individual to take what he learned from the mentor and to apply that knowledge and experience to new responsibilities. The essential element of this phase of mentoring is to empower the person, instilling in him the desire to take ownership for the processes he is now responsible for. By allowing him to receive the credit for his efforts, the person will be inspired to turn the leader’s goal or vision into reality, making the organization’s mission a success.

Bottom line, to be an effective mentor, a leader needs to identify talent, support diversity, and foster individual skills. This fundamental part of leadership encourages and guides people to fully develop their attributes, allowing them to grow and reach their potential guaranteeing their own personal success and the success of the unit’s mission.

Ultimately, all three phases of mentoring, when combined, are intended to teach people how to think so they can become leaders, being prepared to replace the outgoing leader while ensuring the unit’s mission is smoothly and continuously executed.

Action Line 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Taxis

Q. There has been an increase in the lack of taxi service on base. A number of times I have tried to reach a taxi for myself or

others, and the taxi manager has told me all taxis were in either America Town or Kunsan City. Many of these taxis just sit in A-Town waiting.

I understand that when it's near curfew many of the taxis are needed so nobody breaks curfew. However, we need them on base too.

I was told a number of cabs were supposed to stay on base for service. A lot of people rely on the taxis for commissary and base exchange trips, and going from the hospital when they are not able to walk due to an illness.

I had called the Army and Air Force Exchange Service manager to address this problem a month ago but nothing seems to have been done. Please, can you address this issue?

A. Thank you for bringing this to my attention. We have asked the AAFES management to address this issue, and I’ve been assured the following is now in place for the Wolf Pack: two taxis will now be parked at the commissary during their operational hours; two taxis will be in the BX parking lot ready to service BX customers; two taxis will be

available at the community center during operational hours; and we will continue with two taxis available at the main gate late Friday and Saturday nights during the peak hours prior to curfew. In addition, all taxies will return to base after all off base drop-offs.

Again, thanks for being vigilant in looking for ways to improve the Wolf Pack. Action lines are important communication tools for me to ensure we are doing what we can to improve the working and living environment here at Kunsan.

For more information or if you have further questions, call Yvonne Crouch, AAFES manager, at 782-4416.

AAFES Customer Service.....		782-4426
Area Defense Council.....		782-4848
Base Exchange.....		782-4520
Chapel.....		782-4300
CES Customer Service.....		782-5318
Commissary manager.....		782-4144
Education Office.....		782-5148
Dining Hall.....		782-5160
Fitness Center.....		782-4026
Golf Course.....		782-5435
Housing Office.....		782-4088
Inspector General.....		782-4850
IDEA Office.....		782-4020
Law Enforcement Desk.....		782-4944
Legal Assistance.....		782-4283
Military Equal Opportunity.....		782-4055
Military Pay.....		782-5574
Military Personnel Flight.....		782-5276
Medical Patient Advocate.....		782-4014
Network Control Center.....		782-2666
OSI.....		782-4522
Public Affairs.....		782-4705
Telephone Repair.....		119

Wolf addresses open containers

By Col. Robin Rand
8th Fighter Wing commander

Wolf Pack — At every Wolf Call, weekly newcomers’ brief, and every other forum I speak at, I always state that I expect Wolf Pack members to maintain Air Force standards. For the most part, I’ve been very pleased with our overall performance. It’s great to be the Wolf and its great to serve in the Wolf Pack! However, there are two areas that need attention; the open container and littering policy.

Kunsan’s Community Standards are very clear on these two subjects and they go hand in hand with each other. With regard to the open container policy, you may not stand or walk in the street while carrying an alcoholic beverage. In public, you are only allowed to consume alcoholic beverages within facilities authorized to serve alcohol, picnic areas, and at squadron or wing events. In addition, glass bottles of any type are not authorized at the softball field.

Equally clear is our policy on littering. Don’t do it. It is a health and foreign object

debris hazard and negatively impacts our combat readiness.

I’m concerned about someone being hurt by broken glass bottles. I’m also concerned about the unprofessional image walking with open containers of alcohol presents to our Republic of Korea allies and base visitors.

There are no bases in the U.S. Air Force where this is authorized. Finally, I don’t like seeing empty beer bottles, cans, cups, and plastic bottles along the sidewalks, walkways, and grassy areas of the base. Few of us have extra time available to clean up after those who litter, yet because of the FOD hazard, I am forced to take troops away from their primary duties and divert them to base clean-up details.

I encourage all of you to go out and have a good time, but act responsibly. Walking with open alcohol containers and littering is not responsible behavior. These aren’t new rules, nor are they unreasonable. I expect this negative trend to stop immediately. Let’s all do our part to make the Wolf Pack better, okay. Thanks, folks. Wolf



WOLF PACK WARRIOR
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Defend the base
Accept follow-on forces
Take the fight North

Editorial Staff

Col. Robin Rand
Commander, 8th Fighter Wing

Capt. Krista Carlos
Chief, Public Affairs

1st Lt. Herb McConnell
Deputy Chief, Public Affairs

Tech. Sgt. Kelley Stewart
NCOIC, Public Affairs

Staff Sgt. Robert Wollenberg
Editor

Senior Airman Cat Trombley
Staff Writer

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Content

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us

People with questions, comments, suggestions or submissions can contact the public affairs office at:
8th FW/PA
PSC 2 Box 2090
APO AP 96264-2090

We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	330	166
80th FS	359	100
8th FW	689	266



Military clothing

Normal duty uniforms on Kunsan is the battle dress uniform or flight suit as appropriate. Military uniforms will not be worn in local bars except by personnel performing official duties. They may be worn into eating establishments and local stores during non-curfew hours.

Information courtesy of Kunsan Air Bases Community Standards

Services issues challenge to ‘get active’

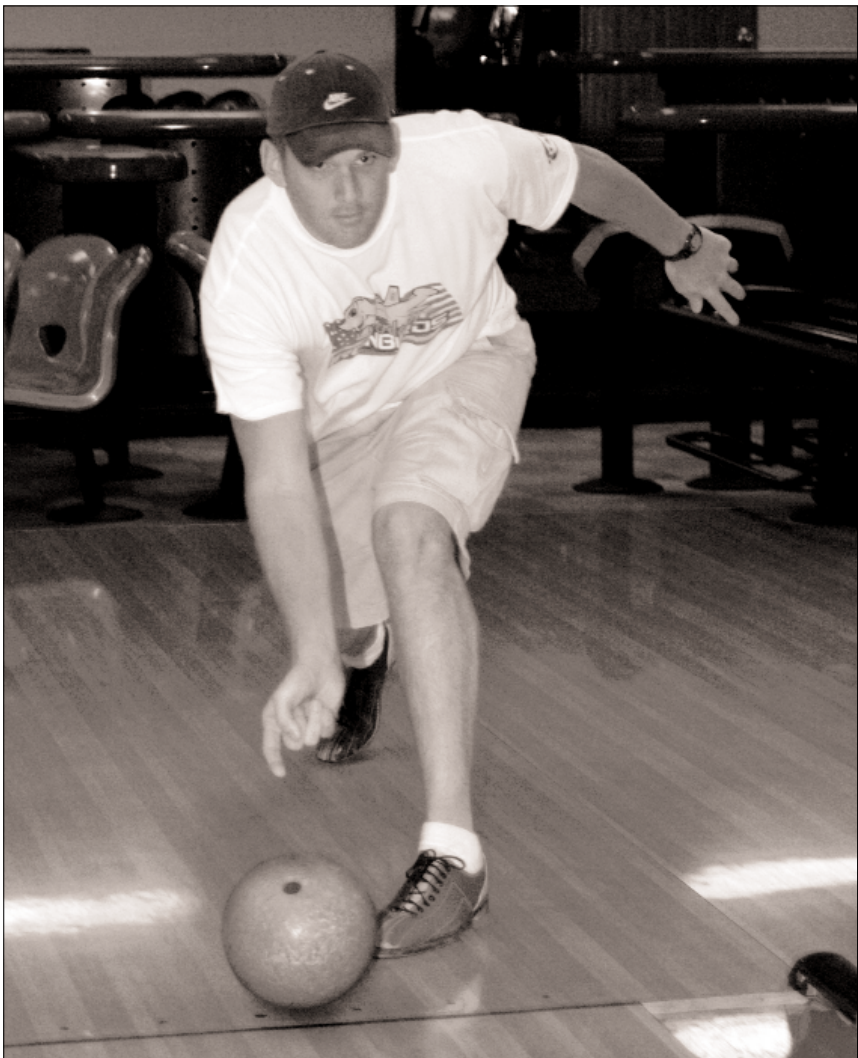


Photo by Senior Airman Cat Trombley

Get active: Staff Sgt. Justin Fleming, 8th Maintenance Squadron, bowls at the Yellow Sea Bowling Center after work Monday. Participating in bowling events at the bowling center is just one way to earn points in PACAF's Pentathlon campaign.

By Rita Blalack
Headquarters Pacific Air Forces Services

Wolf Pack members will be asked to “get active” in the command-wide campaign, Pentathlon. The campaign’s focus is to get people to participate in services’ activities.

The 90-day sports-themed challenge, which ends Nov. 14, will give participants the opportunity to earn prizes with every play of the virtual game. The entire Pacific Air Forces population can be part of the action and go for the gold by participating in services activities.

By earning game pieces, a player will advance through a series of five “virtual” activities on an interactive Web site that will depict popular sporting events in the five major geographic regions of the command. However, the activities where a person can earn game pieces are not limited to sports.

Activities include a full range of recreational programs, social functions, sports and fitness, youth and community center programs as well as eating at dining halls and participating in the honor guard program.

“Kunsan is going to have Kunsan specific events,” said 2nd Lt. Stephanie Torgerson, 8th Services Squadron. “We’ve added events like the Wolf Sports Day and the Chely Wright concert for players to get points. When you participate in many services activities, like opening an account at the library or joining the

club, you get points. Many of the Pentathlon events are things you are doing already, so you might as well earn points for it in the process. The Pentathlon is a great way to explore the variety of activities offered by services.”

Participants can win prizes from digital cameras to computers, fitness equipment, cash and vacation packages.

At Kunsan, people who register in the first 30 days of the contest will be eligible to win a \$500 shopping spree courtesy of the Army and Air Force Exchange Service,

“The Pentathlon will be a great introduction to services facilities and programs for new people transitioning into PACAF and we hope it will encourage people to take part in some activities they might not have done otherwise,” said Col. Fred Ryder, director of services, Pacific Air Forces.

“We hope everyone from our youth to our retirees will get in on the fun,” he said.

People can see firsthand how the game is played by registering the free introductory game piece #2003-9999-999 at the Pentathlon Web site, www.pacfive.com.

The master events list of qualifying activities for which players can earn game pieces can be found on the Web site.

For more information about Kunsan specific events, call Lieutenant Torgerson at 782-7288.

DOD transforms training

By Jim Garamone
American Forces Press Service

WASHINGTON — A Marine unit facing combat runs into opposition. The call goes out for fire support. In the past, the call would likely have gone to a Marine artillery unit or air asset.

Today, that call could go to an Army helicopter unit or an Air Force precision-strike aircraft. It could go to a Navy fighter-bomber staging off a carrier or even to a submarine armed with Tomahawk missiles.

In other words, the joint force is now a reality, and the American military must train as it fights. To that end, the Department of Defense is transforming the way the services train.

The world has dramatically changed, said Paul Mayberry, deputy defense undersecretary for readiness. “The strategic environment has changed, and the United States military must change also.”

The American military no longer always confronts a known enemy with standing forces, Mr. Mayberry said. Servicemembers have to train to fight major-combat operations, but they also need to train to handle smaller contingencies. The American military’s emphasis now is on flexibility and adaptability, he said.

At the same time the American military is moving away from large permanent-standing organizations with large support elements backing them up, Mr. Mayberry said. Joint task forces will handle these contin-

gencies, and the JTFs will generally be “smaller and highly distributed joint and combined forces.”

The biggest transformation in training will be the emphasis on joint operations.

The Joint National Training Capability is the training initiatives centerpiece.

The capability was initially supposed to be a Joint National Training Center — a place where joint task forces would train before deployment.

But the thinking changed and experience showed the center does not have to be a physical place, but a way to link forces throughout the world.

The goal is realistic joint training “against thinking and adaptive oppositional forces,” Mr. Mayberry said. Like the service training areas, the Joint National Training Capability will have instruments in place to help officials reconstruct battles and a process that allows feedback leading to an after-action review.

Training transformation will allow the United States military to function in a multinational coalition setting, Mr. Mayberry said. It will also allow the DOD to operate with other federal government agencies, as well as state and local governments.

The U.S. Joint Forces Command is in charge of the effort to set up the training center. Specialists are working to see if the military training ranges can be linked together. Mr. Mayberry said this first phase will culminate in January with the first capability exercise in the western United States.



Photo by Staff Sgt. Robert Wollenberg

Friday night fun: Maj. Anthony Hernandez, 8th Comptroller Flight commander, gets illegally blocked by members of the Marine Corps team, who were here on temporary duty, while trying to make a shot Aug. 8 at the Loring Club Officers’ Lounge. The club hosted First Friday for the first time Aug. 8. First Friday is designed to foster esprit de corps among the 8th Fighter Wing by offering officers a regularly scheduled opportunity to meet in a social setting. First Friday will be held the first Friday of each month. People who attend can expect a variety of events for the evening. The first-place team from the Crud tournament was Capt. Zachary Wood, 8th Operations Support Squadron; Capt. Karamo Hayward, 8th Operations Group; Capt. Ryan Inman, 8th Operations Support Squadron; and Capt. Jack Harman, 8th Operations Support Squadron. Second place went to the Marine team and third place to a team from the 35th Fighter Squadron.

Congratulations!

289 Wolf Pack members earn staff sergeant stripes

RANDOLPH AIR FORCE BASE, Texas — The Air Force has selected 13,651 of 27,416 eligible senior airmen for promotion to staff sergeant, a 49.79-percent selection rate.

The Air Force released the promotion list the first duty hour Wednesday (Thursday for Western Pacific bases). The complete list of selectees will be posted today to the Air Force Personnel Center’s Web page at www.afpc.randolph.af.mil/eprom/.

“As far as promotions are concerned, this has proven to be another great year for our senior airmen,” said Chief Master Sgt. Mark Billingsley, enlisted-promotion and military-testing chief here. “The message is loud and clear: There really is no limit. If you work hard and prepare for promotion, the Air Force will entrust you with that next stripe and give you all the responsibility and opportunity for growth that come with it.”

People who tested are expected to receive their score notices by the end of August, officials said. Score notices allow airmen to see how their Promotion Fitness Examination and Specialty Knowledge Test scores rank against those they are directly competing with for promotion within their Air Force specialty code. Individuals can also get an electronic copy of their score notice, available after 7 p.m. CDT today by clicking on ‘vMPF’ at www.afpc.randolph.af.mil/.

The average score for those selected was 265 points, with the following averages:

- 130.81 points for enlisted performance reports.
- 53.29 for Promotion Fitness Exam.
- 53.54 for Specialty Knowledge Test.
- 15.52 for time in grade.
- 10.60 for time in service.
- 0.62 for decorations.

The average selectee has 1.62 years time in grade and 4.25 years in service. Those selected will be promoted to staff sergeant from September to August 2004.

The Wolf Pack’s promotion rate was 50.43 percent and the following Kunsan Air Base senior airmen have been selected for promotion to staff sergeant:

8th Fighter Wing

Michael Butcher
Zachary Fraley
Tanika Hale
Christina Holguin
Deborah Steele

8th Comptroller Squadron

Jason Haynes
Denisha Hill
Farah Mahmood
Sarah McDaniel
Michael Rodriguez
Joy Shoemake

8th Medical Group

Melissa King

8th Medical Operations Squadron

Lindsay Boyd
Brandy Chavez
Joseph Dellinger
Danielle McFadden
Brian McFarland
Robert Wilson III

8th Medical Support Squadron

Omar Fernandes
William Kearns
Amanda Tucker

8th Mission Support Group

Keithan McArthur

8th Civil Engineer Squadron

Esther Breakey
Jason Carlson
Michael Defelice
James Dukes
David Frank
Darnell Hawkins
Nichole Hays
Gena Hetrick
Laughter Marlono
James Nash Jr.
Adriana Ofstedahl
Kenneth Preston
Frank Ruda Jr.
Jayme Scammahorn
Tanner Scanlan
Andrew Smith
Todd Sokol
Dustin Stover
Emmanuel Ramirez-Fuentes
Therman Watkins
Mark White

8th Communications Squadron

Adam Bartholow
Jamie Bosarge
Nikki Brown
Kyle Burnett
Zachary Daniels
Aaron Fox
Daniel Jirsa
Donald Kuge
Thomas Lord III
Ezrick Mejia
David Miller Jr.
Fredy Molano
Jefferson Moultrie
Nicholas Officer
Amos Potter
Michael Wilson

8th Logistics Readiness Squadron

Ryan Adams
Adrian Aguilera
Wayne Burge
Peter Elwood
Danielle Gasta
Richard Geren
Jeremy Golden
William Hawk Jr.
Robert Huston
Kendrick Johnson
Charles Joyner
Scott Ketcham Jr.
Kurt Kienzle
Vivian Lewis
Ross Ludemann
David Morales Jr.
Michael Narmore
Jill Renshaw
Yolanda Reynolds
Christopher Roberts
Aldo Ruiz
Artemio Salas

Brian Swogger
Vinh Taylor
Nathan Tincher
Patricio Trujillo
Steven Windsor

8th Mission Support Squadron

Linda Smith

8th Security Forces Squadron

Gregory Boese
Daniel Browne
Daniel Calhoun
Stacey Cook
Hugo Escobedo
Janey Fair
Shane Gullick
Tyrone Guy
Catherine Hagin
Scott Huryk
Christopher Israel
Sean Lynn
Ronald Masangcay
Mitchell McNair
Elizabeth Neilson
Daniel Parks Jr.
Gregory Padobensky
Julian Sanders
Bree Smith
Edwin Thillet II
Deshawn Thomas
Michael Vandeusen
Sigfredo Velez
Austin Wilson

8th Services Squadron

Tiffany Buford
Serita Motte
Priscilla Sanchez

8th Maintenance Group

Geoff Bell
Jack Dean III
Matthew Kantola
Earl Page
Timothy Smith Jr.

8th Aircraft Maintenance Squadron

Jason Adkins
Derek Albert
James Amador
Matthew Arthurs
Maurice Baker
Shunthany Banks
Jacob Bedford
William Bell
Tamika Boler
Jospeh Booten
Adam Bruce
Frederick Byrd
Jeffery Cannon
Jamal Carter
Kevin Chudy
Zachary Crossman
Jason Davis
Andrea Edmonds

LIST, continued from page 5

Marvin Forcum
Albert Fraelich
Joshua Frizzell
Gerald Fuchs
Kevin Gaines
Michael Graham
Dieter Haggar
Jonathon Harris
Maurice Hazelton
Jospeh Heitzenrater
Garry Howdysshell
Bradley Hunt
Timothy Hunthsteiner
Marc Iorio
Gerardo Islas-Rivera
Priscilla James-Elion
Nathaniel Jarvis
Fetedrick Johnson
Gene Johnson
Brian Keath
Nicholas Kennedy
Beau Klingbeil
Douglas Lackey
Matthew Laramie
Rudy Lopez
John Marquardt
Brian Marshall
Lucas Martineau
Mark McClanathan
Jack McKee
Jaamal Menefee
John Merkouris
Vincent Metcalf
Bradley Mills
Joshua Murray
Akram Myers
Duke Newsome
Donald Oakes
Robert Parsons
Robert Patterson
David Paul
Alejandro Perez
Lloyd Roberts
Daniel Rodriguez
Jamie Rodriguez
Matthew Ross
William Rouse
Jason Saberin
David Schwartz
Michael Scott
Jonathan Simmons
David Stancil
Shane Steele
Jerry Stokes Jr.
Brian Techau
Scott Terrill
Varian Vanosdol
Nicholas Walker
Nicholas Wallace
Koreen Wark
Brian West
Jacob Wittlief

8th Maintenance Operations Squadron
Ronald Scoville
Ali Ahmad

8th Maintenance Squadron
Christopher Adams
James Alexander
Robert Avila
William Baccus
Ronald Barnes
Sedquwick Bell
Salvador Bravo
Joshua Broyles
Reynaldo Caraveo
Rikki Carpenter
Aileen Carter
Bishop Christmas
Jhamie Cobb
Donald Colbert
Ryan Collins

Dustin Combs
Jamie Copeland
Phillip Cote
Clifford Cruz
Jeffrey Dobrozdravic
Clinton Downs
John Flint
Jonathan French
Timothy Gill Jr.
Thomas Gould Jr.
Jason Greene
Zachary Grieves
Bennie Harrison
Jason Herndon
Jeremy Histia
Jonathan Howard
Aaron Huffman
Nicole Jirsa
Gregory Johnson
Jesse Kravcov
John Laird
Louis Lusco II
Joey Mabrey
Joseph Maltese
Shane Martin
Derrick McDaniel
Bobby McKenzie
Curtis McLean
Stephen Middleton
Carwaskie Miller
Peter Muller
Liza Mushinski
Edward Nettles
Christopher Noreik
Kenneth Parps
Amy Parrault
Steven Pierce Jr.
Nicholas Pippin
Connell Reese
Jonathan Rider
Thomas Ruegg
Jose Sanchez
Ricardo Santiago
Norman Seamons
Victor Seguinot
Robert Seier
Jason Sleichter
Ryan Wayne Soliday
Jason Steinbacher
Michael Swan
Gregory Truelove
Joshua Ward
Peter Wilson
Erik Wingfield

8th Operations Group
Shane Morris

35th Fighter Squadron
Jason Bremer
Othello Harris
Misty Samuel

8th Operations Support Squadron
Ashley Aronovitch
Seth Berry
Ryan Bousquet
Joshua Brechbiel
Jessica Clutz
Gretchen Craine
Nathaniel Espeland
Daniel Lewis
Daniel Partida II
Otis Scales III
Arthur Thomas
Thomas Tortoso
Travis Wollison

80th Fighter Squadron
Jason Miller
Selina Motu

Information courtesy of the military personnel flight

PROMOTION PARTY!

There is a promotion party for all new staff selects and their guests at the Loring Club 5:30 p.m. today.

WOLF PACK Crime Watch

Aug 4:

Theft of private property — A staff sergeant reported to the security forces control center his gray and blue Sigma mountain bike was missing from building 620. The bike was locked to the bicycle rack, but the lock could be opened with any key fitting the same type of lock.

Aug 5:

Damage to government property — The SFCC received a call from a technical sergeant who said two fire extinguishers’ enclosures had been damaged in building 1511. damage consisted of broken glass on the front of both enclosures.

Aug 6:

Nothing to report.

Aug. 7:

Loud noise complaint — An airman first class called the SFCC and said there was loud noise coming from building 1511. Patrolmen responded and briefed a senior airman on the 24-hour noise discipline.

Aug. 8:

Government vehicle accident — An airman first class called the SFCC and reported a traffic accident at the Juvat Flows on the north loop of the flightline. Patrolmen responded. An investigation revealed both drivers had failed to yield. Damage to vehicle one consisted of a 3 foot by 5 foot dent on the passenger side door. Damage to vehicle two consisted of a 3 inch dent on the front

bumper in addition to a paint transfer of approximately 2 feet. The drivers of both vehicles were issued a citation for failure to yield causing an accident.

Helping hand — A master sergeant initiated a helping hand when an airman first class tried to gain access to a restricted area with an unauthorized restricted area badge. Patrolmen were dispatched. The airman was removed from the area, identified, searched and handcuffed. The situation was determined to be non-hostile and a request to terminate the helping hand was made. The airman said he’d been stationed here since April 2002 and was using the restricted area badge he was first issued. He didn’t know the badge was unauthorized because he had not worked on the flightline for about a year.

Theft of government property — An Army sergeant called the SFCC and reported his duffel bag, along with a private first class’ duffel bag, had been stolen from a Highly Mobile Multipurpose Wheeled Vehicle at the motor pool next to Foxtrot Battery. The bags were placed in the back of a canvas top HMMWV Aug 2. Both noticed their bags missing when they returned to the vehicle Aug. 7.

Aug 9:

Article 92, Minor in possession of alcohol — Town patrol members made contact with a senior airman outside Eagles club in America Town for an open container violation. The airman was asked for his ID card. The town patrol member noticed the airman’s birthday, and noticed he was underage. He was taken by security forces patrolmen back to Kunsan Air Base.

Aug. 10:

Nothing to report.

Courtesy of the 8th Security Forces Squadron

OF THE PRIDE PACK

Job: Patroit systems maintenance, Echo Battery
Duties: Receive, process and submit emergency actions traffic and submit operations reports to higher headquarters
Hometown: Round Lake, Ill.
Follow-on: Fort Bliss, Texas.
Hobbies: Crafts and reading
Favorite music: Rock and roll and mostly ‘80s rock
Last good movie you saw: “Bruce Almighty”
Best thing you’ve done at Kunsan: Honor guard and learning about the Korean culture



Army Pfc. Amanda Kienast

Pfc. Kienast performs repairs on the Patriot launch system, which she does expertly. She excels and always shows a strong willingness to learn. She always has a positive attitude and sets the bar high for her peers. She has consistently scored over 286 out of 300 on her Army physical fitness tests. She has sought out additional training on serveral of the weapons assigned to Echo Battery. Pfc. Kienast supports her Kunsan community. She has been selected for the base honor guard, the only person in the Army stationed here to be selected. She has volunteered to be the aerobics instructor at the fitness center. She has demonstrated the ability to handle any task given to her. She is by far the shining example of what a soldier should be.

Army First Sergeant J.D. Cook
Echo Battery

AIR FORCE LITHOGRAPHS

Available from Public Affairs at building 1305

Miss an issue of the Wolf Pack Warrior?

Check out the Wolf Pack Warrior online at

www.kunsan.af.mil/wpw/

KUNSAN HELPS HABITAT FOR HUMANITY



Above: Staff Sgt. Wade Miller (right) and Airman 1st Class Kevin Herrera (left), 8th Maintenance Squadron, work on the second floor of a duplex in Kunsan City. Eighty four Wolf Pack members volunteered to build two houses over six days with Habitat for Humanity. **Below:** Wolf Pack members use their skills to build a duplex roof for a Korean family Aug. 8.



Story and photos by 1st Lt.
Herb McConnell
8th Fighter Wing Public Affairs

Wolf Pack members and Korean students worked together Aug. 4 to 9 building two duplexes that will house eight families in Kunsan City, thanks to a program the international organization Habitat for Humanity calls "A House That Love Built."

"The Korean chapter, in which 8th Fighter Wing members are participating, has built 500 houses since it's formation in 1995. We are second only to the United States' program in productivity," said Mr. Sunglak, Choi a national director and one of the founders of the Korean chapter of Habitat for Humanity.

Each day, 30 U.S. airmen and 20 Republic of Korea air force members were at the habitat site in Kunsan City to lend a hand. The project was intended to be completed by Aug. 9, but had been extended due to the weather, Mr. Sunglak said.

Homeowners will be doing most of the finishing touches themselves, Mr. Sunglak said. The future inhabitants of the buildings have put in over 500 hours of what Habitat for Humanity

workers call "sweat equity."

"The homeowners reaction, as they see their houses being constructed, has been happiness beyond description because of the work done by the students and military members," he said.

"Housing is the basis for human life. Once a family owns their home, a restoration of a different type starts to emerge. It's like starting a new, more wonderful life," Mr. Sunglak said.

Mr. Sunglak said the homeowners worked hard along side volunteers so they could see their families blossom, and consider this sort of community building a key part of the program.

"We are building more than a house. Through the visible house, we are building invisible love and happiness and a bright future," Mr. Sunglak said.

Many of the volunteers, like Ms. Kim, Koeun, a student from Incheon, Korea, feel strong emotions about the job they were doing even though many won't be part of the team that will finish.

"Even though I won't be finishing this house, I will come back to see it after it's done for the sense of accomplishment. It's amazing that students and military members who haven't done this type of work before have learned together, and come together to

build such a sturdy house," Ms. Kim said.

"We didn't know the American military members before, but now we can talk with them, work with them, and we can relate better," Ms. Kim said.

Both large and small Korean companies donated everything from treats for the workers to the building materials. Ms. Kim thinks the companies help for the same reasons she volunteers, to help the community.

Although the volunteers were all working toward the same goal, there was at least one obstacle to overcome.

"There was a little communication barrier, but I know the students were a lot easier for us to communicate with because they speak English pretty well," said Tech. Sgt. Cindy Gray, 8th Maintenance Squadron.

"We spent most of day five on the roof, and there was quite a bit of laughing and picture taking going on. People were signing each others' hard hats and shirts. I feel welcome here, like they really appreciate us," Sergeant Gray said.

"We're learning about their culture and we even had their food for lunch. Coming out here to help the community is what it's really about," Sergeant Gray said.



Top: One of the houses on day six. **Above:** (From left to right) The Mayor of Kunsan City, Mr. Keim, Ho Kang, Mr. Bo, Hyung Yi, the mayor's interpreter, Col. Robin Rand, 8th Fighter Wing commander, Chairman, Ms. Ahn, E Sil and Ms. Rosemarie Song, 8th Fighter Wing Public Affairs, attend an appreciation dinner held by the mayor Aug. 4. **Immediate left:** One of the houses on the last day Kunsan volunteers participated. Rain over the week slowed production. **Far left:** Tech. Sgt. Artie Menard, 8th Maintenance Group, selects a piece of lumber for his next project.

7

DAYS

Today

Free food night The Loring Club offers pasta buffet 6 to 9 p.m. for club members.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin' Bowl The Yellow Sea Bowling Center has Howlin' Bowl starting at 6 p.m. The cost is \$6 per person.

Karaoke night The Falcon Community Center hosts karaoke night at 8 p.m.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m and 6:30 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Saturday

Pop-rock show The Loring Club offers the Armed Forces Entertainment pop-rock band Weekend Excursion at 8 p.m.

Country Night The Loring Club hosts Country Night in the ballroom.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Photo Club trip The Photo Club has a trip to the local countryside departing at 8

a.m. from the community center.

Sunday

Brunch Extravaganza The Loring Club offers entree and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Free throw contest The Falcon Community Center has a best of 10 free throw contest at 2 p.m. The winner receives a phone card.

King of the Hill Tournament The Yellow Sea Bowling Center has a King of the Hill bowling tournament at 3 p.m. The cost to bowl is \$25 and the first place winner will receive \$115.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Pizza The Loring Club offers pizza from 6 to 8 p.m. The cost is 50 cents.

9-ball tournament The Loring Club has a 9-ball tournament at 7 p.m. For more information, call 782-4575 or 782-4312.

Movie madness The Falcon Community Center has a double feature movie madness at 6 p.m.

Mexican Fiesta The Loring Club offers a lunchtime Mexican fiesta 11 a.m. to 1 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Sumo wrestling The Loring Club hosts sumo wrestling at 8 p.m.

Kun burger The Loring Club has a \$2




Photo by Senior Airman David Miller

Karaoke Night:

Master Sgt. Delwayne Abbott, 8th Civil Engineer Squadron acting first sergeant, jams out as Elvis during Karaoke Night at the Falcon Community Center Aug. 6. The community center offers Karaoke 8 p.m. to midnight every Wednesday and Friday.

Kun Burger from 6 to 8 p.m.

8-ball tournament The Falcon Community Center has an 8-ball pool tournament at 7 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members super subs from 6 to 9 p.m.

8-Ball pool tournament The Loring Club hosts a best two-out-of-three 8-Ball tournament at 7 p.m.

Karaoke night The Falcon Community Center hosts karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at

5 p.m. Tickets are \$10 one way and \$20 round trip.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

Thursday

Mongolian Barbeque The Loring Club offers mongolian barbeque from 5:30 to 8:30 p.m.

Pingpong tournament The Falcon Community Center hosts a pingpong tournament at 7 p.m. The winner receives a phone card. For more information, call 782-4679.

Ladies night The Yellow Sea Bowling Center offers Ladies Night starting at 6 p.m. Ladies bowl for free.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.

MOVIES

Saturday

“*Pirates of the Caribbean: The Curse of the Black Pearl*” (PG-13). 7 and 9:30 p.m.

Sunday

“*Hollywood Homicide*” (PG-13). Starring Harrison Ford and Josh Hartnett. 6 and 8:30 p.m.

Tuesday

“*Hollywood Homicide*” (PG-13). 8 p.m.

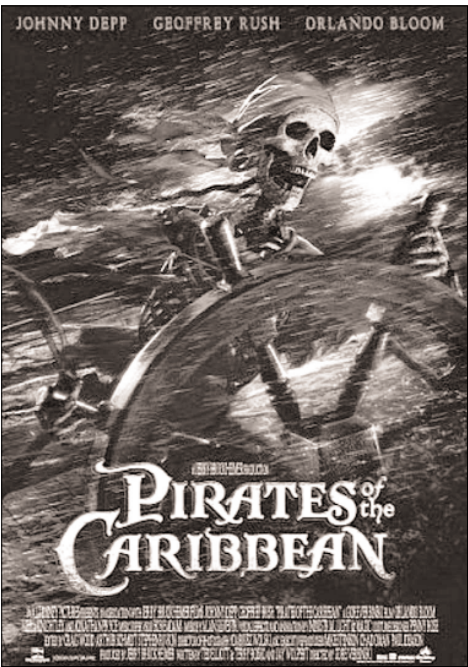
Wednesday

“*From Justin to Kelly*” (PG-13) Starring Kelly Clarkson and Justin Guarini. 8 p.m.

Thursday

“*From Justin to Kelly*” (PG-13) 8 p.m.

JOHNNY DEPP GEOFFREY RUSH ORLANDO BLOOM



Tonight

“*Pirates of the Caribbean: The Curse of the Black Pearl*” (PG-13) Starring Jonny Depp. 7 and 9:30 p.m.

Korean Folk Village

The Falcon Community Center has a trip to the Korean Folk Village near Suwon Saturday. The bus departs at 7 a.m. and returns at 8 p.m. This tour takes you to a living museum that recreates the lifestyle during the Chosun Dynasty. Folk dancers and plays are presented twice daily in the performance arena. The cost is \$20 or \$16 for special consideration of airman morale.

OPEN MIC NIGHT AT OSAN

Think you’ve got what it takes to move the crowd... Put it to the test! Poetry, singin’, spoken word, freestyle. Only request is that you keep it clean! In the challenger ball room 7 p.m. Saturday.

Education

Scholarship Children of Wolf Pack personnel may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003-2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability. This is often due to a lack of teachers. Without the luxury of many college professors here, the education center must rely on the officer and enlisted corps to carry the load. If anyone is interested in teaching, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

Enlisted commissioning program There will be an enlisted commissioning briefing open to anyone interested in applying for officer training school, ROTC or the airman education commissioning program at 9 a.m. and 1 p.m. Aug. 22 the education office, in building 1051. For more information, call 782-5148.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeant's Association meets at 4 p.m. the second Tuesday of each month in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet at 3 p.m. every second Wednesday of the month at the Loring Club.

Top 3 The Kunsan Top 3 meets 4 p.m. every second Wednesday of the month at the Loring Club.

Airman's Advisory Council The council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Pre-separation class The family support center offers a pre-separation class 9 to 11 a.m. today in building 755. For more information or to register, call 782-5644.

Financial brief The family support center offers a personal financial management program briefing 4 p.m. Monday in building 755, room 215. This is a mandatory brief for all senior airmen and below and all airmen at their first duty station. For more information, call 782-5644.

Survival Korean The family support center offers a survival Korean language class 10 a.m. to noon Tuesday in building 755, room 215. For more information or to register, call 782-5644.

Family reunions The family support center offers a family reunion brief 3:30 p.m. Tuesday in the theater. No registration is required. For more information, call 782-5644.

Sponsor training Learn creative ways to assist newcomers reporting to Kunsan. The seminar is 10 to 11 a.m. Wednesday at the Sonlight Inn. Registration is required. For more information, call 782-5644.

Eunjeok Temple The family support center offers a trip to the Eunjeok Temple 3 to 8 p.m. Saturday. The cost is 20,000 won and includes transportation, lunch and incidentals.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through the end of the year. If interested or for more information, call Senior Airman Jessica Duplantis at 782-4300.


CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage The local Kae Chong Orphanage needs volunteers. Wolf Pack personnel volunteer Thursdays to spend time with about 40 children. Volunteers should meet at the military personnel flight parking lot at 6:15 p.m., for a 6:30 p.m. departure. Transportation is provided. For more information, call or e-mail or call Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are 3:30 p.m. Sundays at the chapel

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday and Wednesday through Friday at the chapel. Catholic Reconciliation is by



CLEP it out: Senior Airman Nathan Burns, 8th Communications Squadron, looks through a CLEP study guide at the Library Tuesday. The library has all the material airmen needs to study for the CLEP and DANTES tests.

Photo by Senior Airman David Miller

appointment, 4:30 p.m. Saturdays and 6 p.m. Sundays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room.

Protestant services General Protestant worship service is 11 a.m. Sundays and the contemporary praise and worship service and Bible study is 6 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 1 p.m. Sundays and the inspirational praise and worship service is 7:30 p.m. Fridays at the chapel.

Sonlight Inn hours The Sonlight Inn is open 6 to 10 p.m. Sunday through Thursday, 6 p.m. to midnight Friday, and 6:30 a.m. to midnight Saturday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Protestant Bible study at 9:45 a.m. Sunday at the Sonlight Inn, room 1.

☐ Gospel Bible study at 11 a.m. Sunday at the Sonlight Inn, room 2.

☐ Women's Bible study and fellowship at 6:30 p.m. Tuesday at the Sonlight Inn, room 2.

☐ Men's Bible study is 5 p.m. Sunday at the Sonlight Inn, room 2.

☐ Intercessory prayer is 8:30 p.m. Saturday in the chapel conference room

Miscellaneous

GSA Mart The Kunsan GSA Mart is closed for inventory Aug. 23 through Sept. 2 or 3. For any real-world or work stoppage items needing to be purchased, call Andy Harris at 782-4001.

Native American Heritage Committee The military equal opportunity office is looking for volunteers to be on the Native American Heritage Committee. The committee will plan observance events for November. The organizational meeting is 3 p.m. Tuesday in the MEO lobby.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wanted

Singer for a local '80s and '90s hard rock band. Band has needed equipment and about a 40 song set list. Contact CY at 782-8793, or JC at 782-9553.

For Sale

Hyundai 1991 Hyundai Sonata for \$495. Available now. Call Tech. Sgt. Joe Gallegos at 782-7127 or 782-4211 if interested.



LISTEN

Wolf Pack Radio 88.5 FM

Weekdays — 5 to 10 a.m.

Request songs at 782-4373

or www.afnkorea.com

WATCH

AFN Korea News

Weeknights at 6 and 10 p.m.

Channel 6

Club Membership Benefits

- ⇒ Free food (Wednesday and Friday nights)
- ⇒ Discounts on lunch and other meals
- ⇒ Eligible to win over \$200,000 in prizes
- ⇒ Free check cashing at any Air Force base
- ⇒ Discounts on entertainment and bingo
- ⇒ Chances to win vacations and trips



Above & Beyond

Continue your career in the Air Force Reserve, call Master Sgt. Mark Kosht, Air Force Reserve recruiter at DSN (315) 634-5174 or email at mark.kosht@kadana.af.mil

BMT sets new fitness standards

By Wayne Bryant
37th Training Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas — Chief of Staff Gen. John Jumper announced July 30 the Air Force will be raising fitness standards in January. More rigorous basic military training graduation standards will take effect here Oct. 12.

Basic military training daily physical fitness regimens are now tougher and more focused on producing fit airmen for air and space expeditionary force duty.

Lackland's 737th Training Group, home of Air Force basic military training, has been infusing greater physical rigor into all of its programs over the past year. The unit has added a second run through the confidence course, a 2.5-mile formation run for graduating airmen, monthly fitness competitions between basic training squadrons and recognition of the most physically fit airmen in each graduating class.

BMT officials unveiled a more comprehensive physical fitness program, July 14. The old program, known for years as physical conditioning, is out. Physical readiness training is in.

After much collaboration with exercise physiologists, basic training officials are now ready to roll out PRT standards designed to give today's recruits a higher level of physical fitness.

"In line with (the chief of staff's) vision for higher fitness standards, it all starts here at Lackland," said Col. Robert Holmes, 37th Training Wing commander. "We set the tone in basic training for the physical conditioning of the Air Force of the future. BMT begins with a solid foundation of tough, but success-oriented, physical readiness training coupled with Air Force standards; technical training builds on that foundation; finally, units continue with the permanent party force — good solid building blocks at every level."

The six-day-a-week PRT regimen includes three days of aerobic running and three days of muscular endurance train-



Courtesy photo

Give me 20! Staff Sgt. Dawn Adams (standing), a military training instructor with the 331st Training Squadron, Lackland Air Force Base, Texas, monitors trainees' pushups during physical readiness training. New graduation standards for physical fitness take effect in basic training Oct. 12.

ing. The runs consist of 40-minute sessions of group-paced running, self-paced running, and six 30-second sprint interval runs separated by brisk walking. Each week, trainees will be timed on a two-mile run.

The muscular endurance training takes up to 48 minutes on a circuit of crunches, leg lifts, pushups, flutter kicks and pullups. These are designed to improve upper body and abdominal strength quickly.

Even the most fit are finding the PRT regimen a welcome and rewarding challenge. Airman Francis Collins, a trainee in the 321st Training Squadron and the week's top male athlete, admitted, "The (physical conditioning) program we started out with didn't meet expectations, but the new (PRT) standards challenge us."

"We're very much focused on building a fitter force here at BMT," said Col.

Sharon Dunbar, 737th TRG commander. "Our Air Force today is vastly different than it was a decade ago. So is basic training. Our military training instructors do an amazing job in preparing the young men and women entering our Air Force for the physical and mental rigors of the expeditionary Air Force. At the same time we're training airmen for success, we're showing them that fitness is as much a lifestyle as it is an operational necessity."

Airman Collins, who will train to be a firefighter, said members of the Air Force should apply the core value of "excellence in all we do" to meeting physical standards.

"I plan to go to the gym five times a week and run three times a week," he said. "And that should be the standard for everybody, whether you're the fastest runner or the slowest runner. You should still work to make yourself better."

Athlete gains more than fitness

By Maj. Matthew Mangan
355th Maintenance Operations Squadron

DAVIS-MONTHAN AIR FORCE BASE, Ariz. —

Almost one year ago, I stumbled across the finish line of Ironman Korea, a 140-mile-long triathlon.

Crossing that threshold was the high-water mark of a great personal journey. While traveling to that point, I was fortunate to learn a few simple and universal lessons.

The first, hardest and most important lesson is we must maintain balance in our lives. Life has built-in warning signs when we are getting out of balance. When we ignore these signs, life has a way of correcting the out-of-balance situation whether we want it to or not.

In training to run 26 miles immediately after a 112-mile bike ride and a 2.4-mile swim, there is a huge tempta-

tion to run ridiculous amounts every day to get ready. Wise runners know they must balance training with rest and rebuilding time.

If we ignore this strategy, twinges and pains will occur warning us to come back into balance. Ignoring these warning signs will result in over-use injury, which can wipe out weeks of training benefits.

In our work areas and home lives, if we concentrate too much on one area to the detriment of others, or attempt to carry alone a load we should share, life will provide us warning signs. Arguments with our loved ones, changes in personality, constant fatigue, forgetfulness and clumsiness should be recognized as warning signs to be heeded before we hurt those close to us, our co-workers or ourselves.

Often, we are blind to our own warning signs and need

to rely on those around us to point them out. We must all be on alert to the symptoms of being out of balance and take care of one another.

Lesson two is we are all capable of so much more than we believe.

The way to reach seemingly impossible goals is simply one step at a time.

Five years ago, I was 40 pounds overweight and closer to a heart attack than the finish line of any race. I vowed to start taking steps to reverse my sorry state and started with the modest goal of riding my bike home from work one day. Accomplishing that first goal set up the accomplishment of incrementally greater goals — riding once a week, riding every day, starting to run and soon, looping the flightline.

Each goal was built on the foundations of those previous goals and each was just slightly more ambitious than

the last. Over the course of four years, I went from an "average Joe" who got winded on the way to the fridge to an "average Joe" who was able to move continuously for 13-plus hours.

Anybody can do it with a little persistence and constant incremental progress. Set goals and enjoy each small accomplishment just as much as the big final goals.

Which brings up my final lesson — living life is its own reward.

Enjoying each day and the challenges met and overcome is what it's all about. The incredible joy of watching a sunrise on a morning run or the satisfaction in a job well done are feelings better experienced than described.

Every day we see and accomplish hundreds of fantastic things. Take a second to enjoy these jewels, and then turn that energy toward your next goal or challenge.

SPORTS SHORTS

Varsity basketball players needed

The fitness center is looking for coaches and players to participate in the base varsity basketball season. For more information, call Staff Sgt. Robyn Matthews at 782-4026.

Soccer Players needed

Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturday at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearney at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Aerobic instructors needed

The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Courtesy photo

Getting the gold

Pfc. Tina George kisses her gold medal after winning the women's wrestling 121-pound freestyle division in the 2003 Pan American Games at Santo Domingo, Dominican Republic. Pfc. George is a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo.

Intramural bowling league

The fall intramural bowling league begins the first week of September. People interested in bowling should call their units sports representative.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Notice

Please return
any towels that
belong to the
Wolf Pack
sports and
fitness center

SCORES & MORE

SOFTBALL

American League

	W	L
MDG A	9	2
AMXS B	8	4
MXO	4	6
LRS A	7	1
SFS A	6	1
AMMO	2	4
FOX BTRY	1	5
CES B	4	5
MXS	6	2
SVS	3	6
MDG B	0	8
SFS B	3	4
COMM B	1	8

National League

	W	L
OG	8	0
COMM A	5	1
AGE	2	2
ECHO BTRY	3	4
LRS B	6	1
KWANG JU	2	4
AVIONICS	2	3
FAB FLT	2	6
SOLDIERS	0	4
CES A	3	3
AMXS A	3	1
ROKA	0	3
ARMAMENT	0	4

— Standings current as of Aug. 8
courtesy of fitness center

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday and down
days
8 a.m. to midnight



Prevent tooth decay

- ❑ Tooth decay is an infectious disease
- ❑ Most oral health problems are preventable
- ❑ Dental caries is the single most common chronic childhood disease; five times more common than asthma
- ❑ Untreated tooth decay has been associated with failure to thrive, eating, learning and speech problems, and diminished self-esteem in very young children
- ❑ Children miss nearly 52 million hours of school per year due to dental disease
- ❑ Frequent snacking on sticky sugar-laden carbohydrates and drinking soda is the major contributor to dental decay
- ❑ Seventy-five percent of all adults have some form of periodontal (gum) disease

For more information on dental care, call the dental clinic at 782-4943.

Courtesy of the dental clinic

RUNNING 411

What new runners should know

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Running long distances can be an intimidating task, especially to military members who have not stepped foot on the track since basic training. But, for those who want to start running, there are ways to start a program so runners can meet their target distance and time and avoid injury.

“There are many methods to follow when starting a program,” said Capt. Huey Latham, 8th Medical Operations Squadron, physical therapist and marathon runner. “Most people do ‘walk and run’ in which they walk a distance, then run a certain distance. Another method is to run for a specific time and then walk for a specific time.”

Captain Latham, who trained to run in the 2002 Air Force Marathon, said when runners make changes to their routines, they should only slightly step it up.

“When people are starting a training program they should follow the ‘FIT’ principle. FIT is frequency, how often you run; intensity, how hard you run; and time, length of activity,” Captain Latham said. “Only one of these variables should be increased in a week and the increase should not exceed 10 percent of what you were doing the previous week.

“Crosstraining can be done on off days and supplemented with a non-pounding aerobic activity or weight training. Learn to listen to your body, and if it feels tired or fatigued, take a rest day,” he said.

New runners have to be especially careful not to cause injury. Accelerating a running program too quickly can cause a number of injuries.

“Too much, too soon, too often causes over use injuries. The most common injuries are muscle pulls of the lower extremities, more often the hamstrings, quadriceps, and the calf muscles,” he said.

Some of these injuries include runner’s knee, pain around the kneecap caused by tight tissues on the outside of the knee and weak muscles on the inside; Iliotibial Band Syndrome, pain on the outside of the knee caused by running downhill or on banked curves, like on the side of the road; and shin splints, pain in the lower leg caused by excessive pounding.

“Adhering to the FIT principles is the best way to avoid injury,” Captain Latham said.

However, if injury does occur, rest, increase flexibility, medication, ice, maintain strength and endurance of leg and hip musculature, and gradual return to activity with respect to pain are the best ways to treat it, Captain Latham said.

Almost any runner will tell a wannabe runner, having the right shoes is important.

According to www.runnersworld.com, there are easy steps to follow when buying running shoes. The first is buy a shoe specific for running.



Photo by Senior Airman Cat Trombley

Heart and Sole: Senior Airman David Rose, 8th Maintenance Squadron, tries on a new pair of running shoes at the base exchange Monday. Runners need to look for several things, like arch, stability, cushion, and motion control when buying a new pair on running shoes, said Capt. Huey Latham.

The second thing is to go to a running store. At Kunsan, the base exchange has a chart about running shoes and shoes on display. There are also many shoe stores in Kunsan City. Buying online is also an option. While at the store, spend 30 to 40 minutes. Don’t rush buying shoes. Look at all the shoes and prices, suggests Runner’s World.

Wear the kind of socks you are most comfortable running in. The wrong socks can alter the fit of the shoes. Also, the Web site encourages new runners to have their foot measured. Feet tend to lengthen with running and age.

Selecting a running shoe is based on three basic foot types. They are flat feet, normal and high arched.

“Shoes should be bought to accommodate the foot type,” Captain Latham

said. “Shoe designs come in motion control, stability and cushion.

“Runners with flat feet tend to over-pronate (landing on the outside edge of the foot and rolling inward) and need a motion control shoe. Most people have a normal arch and need a shoe providing stability. Runners with high arches need a cushioned shoe,” he said.

When looking at the sole of a shoe, if the sole is straight, it is for flat feet and motion control. If the sole is semi-curved, it is for normal arches and provides stability. If the sole is curved, it is for high arches and provides cushion.

By following steps to ease into a running program and having the right gear, a new runner should be able to get to their target distance and time, injury free.



Tobacco Fact: Before 1930, lung cancer was a rare disease not listed on the International Classification of Disease system in the United States. As a young cancer surgeon, Dr. Alton Ochsner saw six lung cancer patients in a single year and concluded that an epidemic of lung cancer must be under way. All these patients were male, and all had a history of heavy cigarette smoking. For information about smoking cessation classes, call the health and wellness center at 782-4305.

Game night: Good people, good times



Sonlight Inn game night

The Sonlight Inn held its first monthly game night Saturday. More than 140 Wolf pack members attended the event, which started with free food and signing up for door prizes.

Prizes, such as phone cards and hats were given away every 15 minutes. At the top of every hour, a prize, such as a portable compact disc player or MP3 player, was given away. The grand prize, which will be given every month, was a round trip ticket for a spouse or family member to come visit the winner at Kunsan. This month, the winner was Staff Sgt. Brain Marshall, 8th Maintenance Squadron.

Games for the evening included PlayStation II games, pingpong, foosball, darts and spades.

"The night was a huge success," said Tech. Sgt. John Middaugh, chapel assistant. "We couldn't have done it without the 15 volunteers who helped cook food and prepare for the night. They worked from 3 p.m. Saturday to 2 a.m. Sunday to make this work as well as it did."

Chaplain (Lt. Col.) Ron Underwood said the whole point to game night was to give Wolf Pack members another option for fun.



Photos by Staff Sgt. Jeremiah Erickson.

Top left: Senior Airman Jimmy Rodriguez, 8th Aircraft Maintenance Squadron, and Army Spc. Jeremy Gardner, Echo Battery, play pingpong during the first monthly game night at the Sonlight Inn Saturday. **Middle left:** Airman 1st Class Miguel Santiago, 8th Maintenance Squadron, cooks up a batch of hot wings. **Bottom left:** Airman Rodriguez fixes a plate of hot dogs. **Top right:** Col. Robin Rand, 8th Fighter Wing commander; 1st Lt. Wayne Stiles, 8th Services Squadron; and Lt. Col. Ron Underwood, wing chaplain, draw the final name for the grand prize, a round trip plane ticket to Kunsan for the spouse or family member of the winner. **Above:** (From left to right) Lieutenant Stiles, Senior Airman Brooke Gardner, 8th Operations Support Squadron, and Airman 1st Class Richard Ticer, 8th MXS, compete in a darts tournament.